GRILLED PIZZA
THROW VEGGIES ON SOME NAAN BREAD
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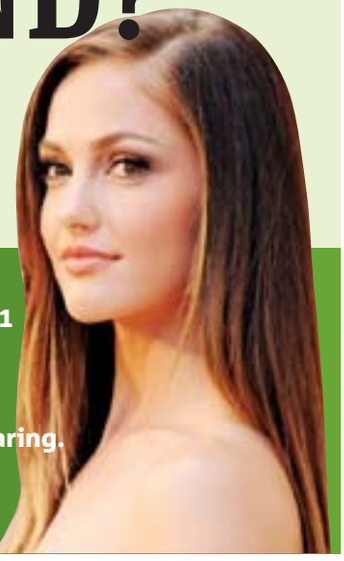
GET HANDS-ON
KIDDIE CLOTHES FROM SCRATCH
{page 23}

REBOUND?
KELLY LINKED TO ANGELS CO-STAR {page 22}



VANCOUVER metro®
Monday, August 29, 2011
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News worth sharing.

HST fallout top of mind

- Prime minister, premier meet for first time since B.C. voted to scrap controversial tax
- Province now owes Ottawa the $1.6 billion it received in HST transition funding

DARRYL DYCK/THE CANADIAN PRESS

▶ Prime Minister Stephen Harper and Premier Christy Clark attend an event celebrating the 100th anniversary of the Gur Sikh Temple in Abbotsford yesterday.

Premier Christy Clark has said she's spoken to the prime minister and they both agree they must quickly resolve any repercussions from the province's scrapping of the harmonized sales tax.

Clark said she and Stephen Harper talked about the issue during an event yesterday in Abbotsford.

A major issue to be resolved is the $1.6 billion in HST transition funding that the federal government had paid the province.

Clark refused to elaborate on her discussions with Harper, but said they had spoken about resolving any issues as quickly as possible.

"I'm not going to negotiate in the media about how we're going to get through this, but I know that he's just as committed to making sure that we make this work," she said.

"We didn't start negotiating today, but we did talk about certainly the fact that it's one of the issues that British Columbia and Canada need to resolve."

Harper and Clark were attending the 100th anniversary celebrations of the Gur Sikh Temple, which is North America's longest-standing Sikh temple.

Harper didn't talk to reporters after the event.

The results of a referendum where British Columbians voted to scrap the unpopular harmonized sales tax were released Friday.

The 12 per cent tax was introduced by former premier Gordon Campbell more than two years ago, but the massive public uproar to the tax cost Campbell his job and ultimately led to the demise of the HST. THE CANADIAN PRESS

More coverage {page 3}

Local

'Where monsters dwell'

- Explorer to attempt longest-recorded dive while gathering research on shark population {page 6}

Get out those knives

Dinner Party Wars set to return {page 18}

Skating through the pain

Women battle in marathon hockey game for good cause {page 4}

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Tax change unlikely to dent real estate market

Demand for new homes and luxury residences in B.C. could spike when the PST/GST system is re-introduced in March of 2013, said chief economist Cameron Muir of the B.C. Real Estate Association.

Purchasers of new dwellings, and those with a value greater than $1 million, might choose to hold off until after the HST's termination, since they would incur the most cost under the harmonized tax, he explained.

However, Muir emphasized that the tax shift would have a negligible impact on overall real estate demand in the province.

"The vast majority of home sales in the province, about three-quarters of them, are existing homes, which are not subject to the HST," he said.

Muir believes the cost of related services — like real estate commissions, appraisals and building inspections — typically aren't significant enough to cause homebuyers to delay a purchase until after the HST's termination in March 2013.

KYLE FARQUHARSON

HST referendum

The final tally:

- **Voters:** 1,610,125
- **Yes (extinguish HST):** 881,198 or 54.73%
- **No:** 728,927 or 45.27%

Source: Elections B.C.

Businesses make sense of HST decision

Reaction to referendum results varied ◗ More dialogue needed on best type of sales tax for B.C., says Smart Tax Alliance co-chair

DARRYL DYCK/THE CANADIAN PRESS

▶ Finance Minister Kevin Falcon is reflected in a television screen as he responds to the results of the HST referendum at the B.C. legislature in Victoria on Friday.

KYLE FARQUHARSON
VANCOUVER@METRONEWS.CA

In the wake of British Columbians' decision to reintroduce the familiar PST/GST tax system, reaction from various sectors of the provincial economy is mixed.

For the majority of B.C. restaurateurs, the return to the pre-HST sales tax structure is a welcome development.

"After months of tax policy uncertainty, our members welcome the certainty and food tax fairness that comes with (this) decision," said Mark von Schellwitz, an executive with the Canadian Restaurant and Foodservices Association.

Under the HST, many food items in restaurants are subject to sales tax, while those purchased in supermarkets often are not — a situation von Schellwitz describes as unfair.

Among those who will suffer from the annulment of the HST is the film industry, which enjoys substantial savings under the HST, maintains North Shore Studios president Peter Leitch.

"It's a disappointing outcome ... (but) we respect the referendum decision and the need to restore the old PST/GST system," he said.

Leitch, one of the co-chairs of the pro-HST Smart Tax Alliance, said he hopes the restoration of the PST/GST will bring new dialogue on the best type of sales tax for B.C.

John Winter, the president of the B.C. Chamber of Commerce, agrees.

"The B.C. government, I think, has got now to sit down ... and perhaps develop a son-of-HST version that is a consumption tax, that is a fair consumption tax," he said.

WITH FILES FROM THE CANADIAN PRESS

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1 news

From missile defence to volcanoes, federal scientists go online to answer questions from Canadians. Scan code for story.

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On the web at metronews.ca

What should investors do as the stock markets shake off their summer doldrums? Allan Small has more at metronews.ca/investing

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CUTBACKS BLAMED

NPA wants more green for parks

For a city that boasts of its green agenda, Vancouver is looking awfully brown these days, said John Coupar, the NPA's candidate for Park Board chair.

"We had a very wet summer, and I think that saved us from a lot worse," he said.

Coupar blames funding cutbacks to the Vancouver Park Board for weedy public gardens, dead trees, and what he perceives as the general neglect of public green spaces and boulevards in the city. "We're planting more trees, but we're cutting the budget to look after the trees, so it's a bit of a catch-22."

Coupar admitted he hopes his statements will remain relevant in November, when rain is likely to douse the city's parks.

Park Board commissioner Loretta Woodcock contends that a certain number of newly planted trees die every year, irrespective of watering practices.

"We've had much hotter summers in the past, and I would presume that with hotter summers in the past, we would have had a greater fatality rate (among trees)," said Woodcock.

"I think what John's doing is, he's just shopping for issues," she said, suggesting that Coupar's fault-finding likely carries political motives.

Woodcock acknowledged that budget cuts have also forced the board to be more selective in its horticultural practices, and to allow some natural grasses to grow that previously would have been mown.

However, she maintained that this summer has brought no more weed-related complaints than usual from citizens.

KYLE FARQUHARSON

Firefighters sent south

B.C. is sending firefighting personnel to Idaho and Montana to assist local crews and help combat a number of fires currently burning in the states.

Support includes two airtankers, one birddog and one air attack officer to Idaho and 20 Parattack personnel in Montana.

ARIANA KAKNEVICIUS

Bridge halfway done

Construction on the new Port Mann Bridge and Highway 1 project has reached the halfway point, the provincial government announced Saturday.

The new bridge is expected to open in late 2012 or early 2013 and will support eight lanes of traffic.

ARIANA KAKNEVICIUS

No pain, no gain in the Longest Game

PHYLICIA TORREVILLAS/METRO

▶ Melanie Briggs bandages up her finger during a 10-minute break yesterday at the Burnaby 8-Rinks.

40 women playing 10-day hockey marathon to raise $400,000 for cystic fibrosis

PHYLICIA TORREVILLAS
@METRONEWS.CA

They're battered, bruised and blistered, but Val Skelly said she and 39 other women are not going to stop until they cross-check cystic fibrosis for good.

Skelly organized the Longest Game for CF in an effort to raise money and awareness for Cystic Fibrosis Canada, while attempting to set the Guinness World Record for the longest continuous hockey game. The puck dropped Friday at the Burnaby 8-Rinks and the game will continue until Sept. 5.

"We may be hurting right now, but people with CF are hurting everyday," Skelly said. "This is 10 days of hell for us and hopefully it leads to a better life for them."

The women have been through emotional highs and lows, she added, but a special visit boosted their spirits.

"A father brought his three kids on the bench," Skelly said. "And all three of them had CF. One of the girls wrote, 'Thank you teams for helping me to have a better life.' We all saw that and we all started crying. That's why we're here."

Volunteer Timothy Barrington said he's impressed with what the women are trying to accomplish.

"Some of these women (have families) and to put their lives on hold and put their bodies through this much pain is an amazing feat," he said.

When Metro stopped by yesterday, Team White was leading the high-scoring affair 259-160.

PHYLICIA TORREVILLAS/METRO

▶ Kim and Lysander Parrott.

Baring it all at English Bay

Women went bare-breasted yesterday for National Go-Topless Day at English Bay to bring attention to women's rights to bare it all on top.

Organizer Denise Belisle said as long as men are free to bare their chests in public, women should be able to exercise the same constitutional right.

Kim Parrott said she joined the top-free rally because it's completely legal to be topless in Vancouver and to change the difficulty and shame over nudity experienced by women.

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Still AAA

Standard & Poor's has confirmed British Columbia's triple-A credit rating just days after the province voted to scrap the harmonized sales tax.

The agency noted that B.C. had solid revenue and the expenditure flexibility necessary to meet its deficit targets. But it also notes B.C. faces a number of challenges in the wake of the scrapping of the HST, such as loss of revenues and reimbursing the federal government.

THE CANADIAN PRESS

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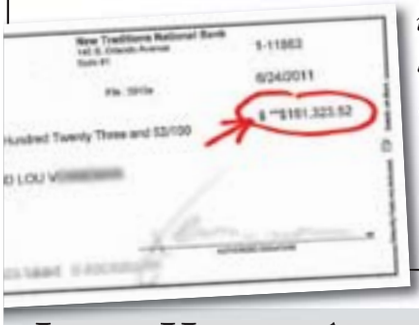

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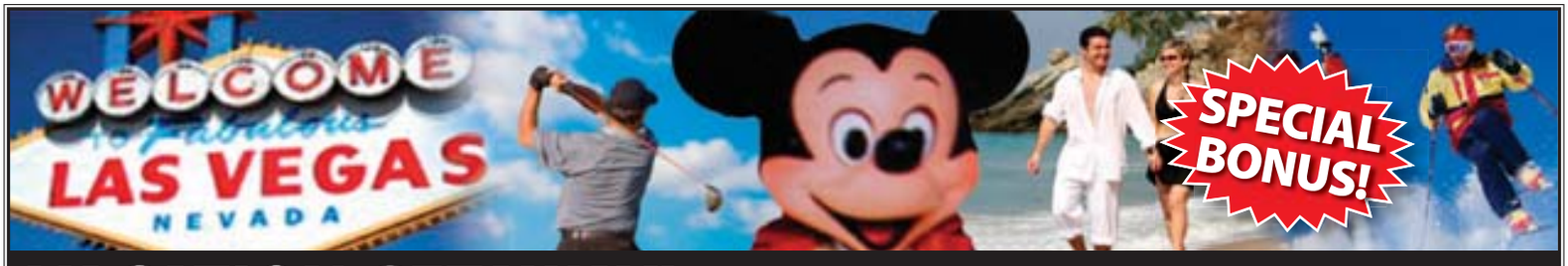

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Going to great depths to save ocean life

Diver getting ready for longest-recorded scuba dive ◆ Will try non-stop 30-mile-long dive, pushing the limits of human endurance ◆ Vancouver charity and film crew on board to document attempt

CONTRIBUTED

▶ Scott Cassell

ARIANA KAKNEVICIUS
VANCOUVER@METRONEWS.CA

Scott Cassell already holds the record for longest non-stop dive but is ready to break it again while trying to preserve ocean life.

On Sept. 17, the explorer and combat/commercial diver will attempt a 30-mile (48-kilometre) non-stop scuba dive from Catalina Island to Los Angeles, gathering information about the shark population and what the ocean actually holds, a task that only human effort can accurately collect.

"(The ocean) is where monsters dwell," says Cassell, who has spent more than 13,000 hours under water in his lifetime, "where man's imagination can become reality because it truly does have the most magnificent animals to ever have existed."

From 1,000 to 3,000 feet, he will be diving through two great white shark strike zones, and an area that has been known to contain very large mako sharks, to calculate how many sharks there are in Southern California.

Aside from sharks, other dangers Cassell is prepared to face include hypothermia, decompression sickness, extraordinary currents, equipment failure and physical exhaustion.

For this diver, however, his safety, although important, is not the top priority.

"Every dive is a mission," says Cassell. "And the mission is always first."

Cassell considers himself a man who takes responsibility for everything in his world. In this case, that's the ocean and the animals that dwell within.

"If we, as humans, were to see the devastation in chronological form that has occurred in the ocean, as if it were on land, we would be horrified," he says.

To call this a successful dive, he says he needs to make it from Point A to Point B non-stop, collect observations and report his findings.

At the end, he plans to produce a documentary and lecture series to deliver this information to the public.

A Vancouver crew of producers and filmmakers has joined him in the mission, helping raise money for Cassell's conservation work and documenting the record-breaking attempt.

Documentary

- Global Reef, the Vancouver-based charity, is making a documentary called 30-Mile Dive and trying to raise money for production costs.
- Go to indiegogo.com/30-Mile-Dive to donate from $1 to $10,000 and receive perks such as riding in the SEAMobile submersible and following Scott Cassell in his dive for $1,500.

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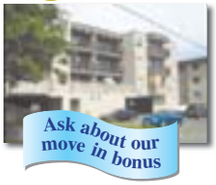
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News in brief

Toronto taxi driver charged

CRIME. A Toronto taxi driver has been charged after allegedly sexually assaulting two fares he picked up in the city's entertainment district.

Police say two people hailed the cab early Saturday morning and were driven to the area of Pape and Cosburn avenues when the incident occurred.

The driver is alleged to have reached into the back seat and grabbed the female passenger's breast during the ride before she left the vehicle.

Police say the driver then trapped the male passenger inside by locking the moving vehicle's doors.

It is alleged the driver then forced the man into committing a sexual act before the passenger escaped the cab.

Feisal Galbat, 51, of Toronto, is charged with two counts of sexual assault and one count of forcible confinement.

THE CANADIAN PRESS

Four dead in Quebec crash

ST-FERDINAND. Four people have died in a helicopter crash near St-Ferdinand, some 115 kilometres south of Quebec City.

Officials say the helicopter went down around 9:15 p.m. Saturday in a remote wooded area.

Quebec provincial police received a call around 11 p.m. and arrived at the crash site around midnight.

The victims were two men, one woman and one child but their names have not been released.

Investigators from the federal Transportation Safety Board are on the scene.

A spokesman for the safety board says investigators are still trying to determine the cause of the accident.

THE CANADIAN PRESS

Separatists seek to regroup

QUEBEC. The crushing defeat of the Bloc Québécois last May has left it rudderless and leaderless, stripped of official party status.

The provincial Parti Québécois has plunged in the polls and is under threat from rival movements on the right and the left.

In the midst of the turmoil, Bloc MP Maria Mourani is holding the course. Mourani, 42, one of just four Bloc candidates elected last May, says change is on the horizon.

THE CANADIAN PRESS

Layton's death has hit Canadians hard

Optimism may indeed be better than despair, but if the last week is any indication, Canadians have been finding it exceedingly hard to come by.

Jack Layton's death Monday at the age of 61 was a shock, even to those who saw his final news conference last month, where his illness was apparent in his sunken face, his raspy voice, the bony shoulders poking through his suit jacket.

The ensuing tide of grief has been no less of a surprise.

Canadians flocked to pay their respects, whether by lining up at the House of Commons to file past his flag-draped coffin, or by scrawling tributes on the cement outside Toronto City Hall, an institution that gave rise to his earliest political successes.

They gathered along the Highway of Heroes, much as they'd done for slain Canadian soldiers returning from Afghanistan, to catch a glimpse of his hearse as it ferried the body back to the city that considered Layton a favourite son. The NDP leader's ardent opposition to the war, it seemed, mattered not a whit.

And on Saturday, their grief hardly checked, they lined downtown streets by the thousands, clad in NDP orange and swaddled in Canadian flags, as Layton's state funeral marked the end of one of the most remarkable political grieving periods in modern Canadian history.

Few saw it coming — not even Stephen Lewis, the former Ontario NDP leader and one-time Canadian ambassador who delivered Saturday's eulogy.

Canada, Lewis seemed to suggest, had been taking Jack Layton for granted.

"Jack was so alive, so much fun, so engaged in daily life with so much gusto, so unpretentious, that it was hard while he lived to focus on how incredibly important that was to us — he was to us — until he was gone, cruelly gone, at the pinnacle of his political career."

THE CANADIAN PRESS

FRANK GUNN/THE CANADIAN PRESS

▶ Olivia Chow sits with Jack Layton's children, Mike Layton and Sarah Campbell, at the late NDP leader's state funeral in Toronto on Saturday.

Funeral takes on tone of rally

An unconventional state funeral for former NDP leader Jack Layton took on the verve of a political rally Saturday, as friends and family tried to galvanize the national grief over the loss of his passionate voice into a call to action.

Elder NDP statesman Stephen Lewis led the charge, earning loud cheers and standing ovations as he extolled the virtues of Layton's social democratic vision for Canada.

A political who's-who of all stripes in the audience joined the crowd in applause as Lewis rattled off a host of Layton's New Democrat-friendly causes such as gay rights, housing and the environment.

Layton's final letter to Canadians, which has resonated with so many in the days since his death, was "at its heart, a manifesto for social democracy," Lewis said.

"He wanted in the simplest and most visceral terms a more generous Canada," the former Ontario NDP leader and one-time Canadian ambassador said after a sustained standing ovation.

"His letter embodies that generosity. ... He talks of social justice, health care, pensions, no one left behind, seniors, children, climate change, equality, and — again that defining phrase — a more inclusive and generous Canada."

The funeral's political messaging was unmistakable, although the family had said the state funeral was to be a "celebration of life." THE CANADIAN PRESS

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Typhoon kills 10 in the Philippines

Typhoon Nanmadol began blowing toward Taiwan yesterday after leaving at least 10 people dead and scuttling a visit by a U.S. navy carrier group in the Philippines, officials said.

Taiwan issued sea and land warnings and planned to evacuate about 6,000 people in its eastern and southern regions. Troops and rescue equipment were deployed.

The typhoon drenched the northern Philippines with rain for days before pummeling the area with fierce wind, setting off landslides and floods and toppling walls that left at least six others missing. About 20 were injured by landslides and toppled trees, said Benito Ramos, who heads the Office of Civil Defence.

Domestic airlines also cancelled more than a dozen flights in northern and central Philippines.

Nanmadol had sustained wind of 195 kilometres per hour and gusts of 230 km/h Friday, becoming the strongest typhoon to hit the Philippines so far this year. It weakened after grazing northern Cagayan province Saturday.

Nanmadol was expected to hit Taiwan today, Taiwan's weather bureau said. It urged residents to prepare for strong winds and torrential rain, and warned of landslides.

THE ASSOCIATED PRESS

AARON FAVILA/THE ASSOCIATED PRESS

▶ A man salvages steel rods yesterday on the rubble of a wall that collapsed, killing one man and injuring two others in suburban Novaliches, Quezon City, Philippines.

Storm impact

- Two children died in the resort city of Baguio after a concrete wall collapsed.
- Seven people perished in landslides or drowned.
- About 20 landslides blocked roads in Benguet, a gold-mining region north of Manila.
- More than 57,000 villagers fled their homes in 10 other northern provinces.

Irene's punch not as packed in N.Y.

Storm knocked out power to 4.5-million people on Eastern Seaboard
At least 15 people died in the chaos, most from falling trees

Stripped of hurricane rank, Tropical Storm Irene spent the last of its fury yesterday, leaving treacherous flooding and millions without power — but an unfazed New York and relief that it was nothing like the nightmare authorities feared.

The East Coast surveyed the damage, up to $7 billion US by one private estimate, and worried of danger still lurking: The possibility of rivers and streams swelling with rainwater and overflowing in coming days.

The region began the arduous process of getting back to normal. New York lifted its evacuation order for 370,000 people and said it hoped to have its subway rolling again today. Philadelphia restarted its trains and buses. "All in all," New York Mayor Michael Bloomberg said, "we are in pretty good shape."

The centre of Irene passed over Central Park with the storm packing 105-kilometre per hour winds. By evening, it brushed over New England and moved east at 80 kilometres per hour. It was expected to drift into Canada later yesterday or early today. THE ASSOCIATED PRESS

JASON DECROW/THE ASSOCIATED PRESS

▶ A passerby steps over lines knocked over by a large tree, which was blown down by Tropical Storm Irene as it passed through the Astoria neighbourhood of the Queens borough of New York yesterday.

Travellers wait on flights

Travellers across the United States waited for flights to resume in and out of East Coast airports that were closed by Tropical Storm Irene this weekend.

Federal officials said airports reopened around Washington, which took a glancing blow from Irene. American Airlines said it was resuming flights at the three major airports around the capital.

New York-area airports remained closed yesterday morning. The longer that New York's Kennedy, LaGuardia and Newark, N.J., airports are shuttered, the worse it will be across the country.

Federal officials said they didn't know when the airports would reopen.

Airlines said passengers should call ahead and make sure they have a confirmed seat before going to the airport.

Airlines cancelled thousands of flights for yesterday, but it was unclear how much havoc the storm would cause for travellers.

Many planes have been full this summer, so finding empty seats for passengers whose first flight was cancelled could be difficult.

FlightAware, which tracks delays and cancellations, said airlines had indicated about 500 cancellations for today.

The storm affected other forms of transportation. Amtrak cancelled many passenger trains. Greyhound scrubbed trips between Washington and New York, and cruise lines changed itineraries.

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Flooding prompts rescues

New York City's fire department made dozens of water rescues around the city because of Irene and was searching for other people who might be trapped.

In the Broad Channel section of Queens, city rescue workers were riding in boats to search bungalows. Sixty-one adults and three babies were rescued from 21 houses.

Department spokesman Paul Iannizzotto says rescuers picked up 26 people from three families on Staten Island after their homes were flooded.

THE ASSOCIATED PRESS

Irene's fury not quite over: Obama

Despite Tropical Storm Irene's weakened punch, U.S. President Barack Obama urged those in its path to stay vigilant and warned the storm's impact would continue to be felt for some time.

The president said emergency officials were most concerned about lengthy power outages and flooding. He urged the public to heed the warnings.

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Lockerbie bomber will not be deported

The Libyan rebel government will not deport the man convicted of the 1988 Lockerbie bombing, its justice minister said yesterday.

New York senators on Aug. 22 asked the Libyan transitional government to hold Abdel-Baset al-Megrahi fully accountable for the bombing of Pan Am Flight 103, which killed 270 people.

But transitional government Justice Minister Mohammed al-Alagi told journalists in Tripoli that the request by American senators had "no meaning" because al-Megrahi had already been tried and convicted.

"We will not hand over any Libyan citizen. It was Gadhafi who handed over Libyan citizens," he said, referring to the government's decision to turn al-Megrahi over to a Scottish court for trial. The Scottish government released al-Megrahi in 2009, believing he would soon die of cancer. He was greeted as a hero in his native Libya and met with Gadhafi.

New York Senator Charles Schumer had encouraged the new Libyan leadership to hold al-Megrahi accountable.

"A new Libya can send a strong statement to the world by declaring it will no longer be a haven for this convicted terrorist," he said. THE ASSOCIATED PRESS

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Libya rebels reject talks

Regime loyalists executed citizens, detainees: Rights group

FRANCOIS MORI/THE ASSOCIATED PRESS

▶ A large portrait of Moammar Gadhafi is riddled with bullet marks on the wall of a building on Saturday in Tripoli.

Libyan rebels yesterday rejected an offer by Moammar Gadhafi to negotiate and said they have captured the eastern town of Bin Jawwad, forcing regime loyalists to flee after days of fighting.

With his regime crumbling, Gadhafi is on the run, but his chief spokesman Moussa Ibrahim told The Associated Press the Libyan leader is still in Libya. As the call for negotiations came, new signs emerged of arbitrary killings of detainees and civilians by Gadhafi forces during the rebels' push into Tripoli earlier this week, including some 50 charred corpses at a regime lockup.

The rebels dismissed Gadhafi's proposal, relayed by Ibrahim by phone, to have his son al-Saadi lead talks on a transitional government as delusional.

"I would like to state very clearly, we don't recognize them. We are looking at them as criminals. We are going to arrest them very soon," Mahmoud Shammam, the information minister in the rebels' transitional government, told a news conference.

In London yesterday, British Foreign Secretary William Hague also dismissed the offer, saying the National Transitional Council was already in charge of the country and that Gadhafi should call on his supporters to stop fighting.

"I referred a few days ago to Col. Gadhafi making delusional statements and this is another one of them," Hague told the BBC.

The rebels control most of Libya, including Tripoli, but are struggling to alleviate shortages of water, fuel and electricity in the capital. THE ASSOCIATED PRESS

Flight attendants want Tories to stay out of labour dispute

- Union says 87.8 per cent of those who voted turned down agreement
- Staff morale low: Union rep
- Pilots also rejected offer earlier this year

ANDREW VAUGHAN/THE CANADIAN PRESS

▶ Air Canada agents process passengers in Halifax earlier this year. The company has suffered another labour setback as its flight attendants have rejected a tentative agreement reached this month.

The head of the union representing flight attendants at Air Canada is hopeful the federal government won't intervene in the escalating labour dispute between the two sides.

Jeff Taylor, president of the Air Canada component of CUPE, wants the government to respect the union's right to collective bargaining.

"We're hoping that the government will respect our democratic right for collective bargaining and not take the side of the CEOs and the companies against their employees," Taylor said in an interview.

"If they let that process work then hopefully we can get a good deal, but it's very hard to say with the current climate within government right now."

The Conservatives were on the verge of legislating striking customer service staff back to work earlier this summer.

The customer service agents hastily reached a new contract with the airline in June before the government lowered its legislative hammer.

The government forced postal workers back on the job in June.

Air Canada's flight attendants announced Saturday they had overwhelmingly rejected a tentative agreement reached with the airline this month.

CUPE is organizing a strike vote for next month and intends to talk to management about restarting negotiations.

Taylor said morale is low amongst flight attendants as the labour dispute continues.

"I can honestly say they are pretty unhappy, and a bit angry," he said.

"The members have been making concessions and sacrifices for over 10 years to make Air Canada financially viable and they just clearly feel that their sacrifices haven't been acknowledged."

The airline has faced a number of labour troubles this year as it seeks to cut costs.

It is also negotiating with mechanics and baggage handlers.

A major issue in negotiations with all of the unions is over pensions.

The unions say the airline wants to establish a defined contribution pension plan for new hires, instead of the current defined benefit plan.

Meanwhile, Air Canada says high fuel costs are threatening its future profitability and it said this month it would raise fares and try to trim costs.

THE CANADIAN PRESS

Got bunny ears? Expect snow

Canadians with cable or satellite TV won't be affected, but viewers who have old televisions and rely on antennas for over-the-air reception can expect "snow" on their screens as broadcasters move to digital signals by Wednesday.

About 850,000 Canadian households don't subscribe to cable or satellite TV services, said Scott Hutton, the CRTC's executive director of broadcasting.

"If your channel switches to digital and you just try to turn it on, you will have snow," Hutton said of those with rooftop antennas, rabbit ears and older TVs.

"It just won't be broadcasting anymore," he said.

The bulk of the households are in urban markets, he said, noting that Montreal probably has lowest level of cable or satellite penetration among large centres because those living near Mont-Royal mountain get good reception without it.

These viewers — if they don't subscribe to cable or satellite TV — will need a digital converter set-top box, or a newer TV with a built-in digital converter to access the digital feeds.

THE CANADIAN PRESS

FINANCIAL FORECAST

Economic fear forces slump

Fears that the U.S. economy could contract in the face of a slew of weak economic data has resulted in stock market havoc in recent weeks that has wiped out trillions of dollars in investments and savings and made people nervous on both sides of the border.

Last week alone, Canadian consumer confidence dropped to its lowest point in two years, and TD Bank estimated zero growth for Canada in the second quarter, noting there was a chance the economy actually shrank.

The U.S. has revised its second-quarter gross domestic product figures down to a measly one per cent from a previous 1.3 per cent, pegging economic expansion at 0.7 per cent in the first six months of 2011.

Growth forecasts for the rest of 2011 have been slashed. If U.S. GDP figures turn negative for two consecutive quarters, the country will officially be in recession. Economists say if that happens, Canada could follow suit.

THE CANADIAN PRESS

Canadians confused about tax-free accounts

Contribution rules for a popular tax shelter continue to perplex ordinary Canadians, despite a yearlong information blitz by the Canada Revenue Agency and the big banks.

The agency sent out almost 103,000 letters to holders of tax-free savings accounts this month warning they likely over-contributed in 2010 — and now must pay additional tax.

The tax shelter "is still a relatively new program and, naturally, some misunderstandings might still exist regarding the rules and may have led to inadvertent over-contributions," said spokesman Noel Carisse.

Of the 6.7-million Canadians with tax-free savings accounts, fewer than 1.5 per cent fell afoul of the rules this year.

THE CANADIAN PRESS

Market moment

PRICES AS OF 5 P.M. FRIDAY

TSX	Dollar
+ 43.20 (12,327.51)	+ 0.39¢ (101.73¢ US)

Oil	Natural gas 1,000 cu ft
+ $0.07 ($85.37 US)	$3.912 US (+ 0.9¢)

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$1,797.30 US (+ $34.10)

NOT MUCH TO HARMONIZE ABOUT

URBAN COMPASS

PAUL SULLIVAN
METRO VANCOUVER

The HST vote hit us like a direct democracy hurricane and now we're left, dazed and confused, to sort through the rubble in the aftermath.

I have to admit, the scariest thing about the vote was not the result, but all those pictures of smilin' Bill Vander Zalm looking like the eggplant that ate Vancouver. You have to wonder about anything that makes B.C.'s most notorious horticulturalist that happy, but I digress …

OK, the vote: 881,198 British Columbians can't be wrong, can they?

Adrian Dix, NDP leader and Vander Zalm's strange bedfellow, said Friday it was "a great day for democracy." I think he meant that the people rose up and stuck it to the man, or in this case the woman, Premier Christy Clark. Or else he means he can almost taste a victory for the NDP in the next election. Not sure.

"A great victory, then, voting down a 10 per cent tax to restore a 12 per cent tax, one that's full of zany inconsistencies. Power to the people!"

I wish I could get all triumphant like Dix and smilin' Bill, but when you look at what we actually get, what's the big deal? The facts: In 19 months or so the government will replace the current 12 per cent HST with the old five per cent GST and seven per cent PST, which comes to 12 per cent.

Can't fool me.

Presumably, all the old exemptions and weird anomalies will apply, like the PST on red raincoats but not on yellow raincoats. Or is it the other way around?

If we'd left well enough alone, after two years, we'd have a 10 per cent HST.

A great victory, then, voting down a 10 per cent tax to restore a 12 per cent tax, one that's full of zany inconsistencies. Power to the people!

Premier Clark, for her part, seems eager to turn the page and get on with her agenda, whatever that is. But it's a mighty heavy page that's going to take 19 months to turn, even with all that help from the peanut, er, press gallery.

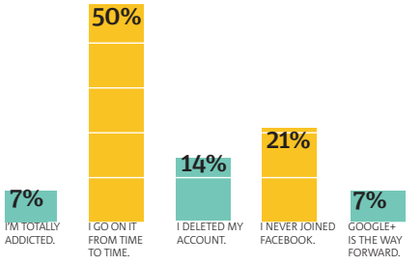
If the government tries to repair PST inconsistencies, what does that do to its solemn promise to restore the exemptions just the way they were? What's fair: A tax on all the colours of the raincoat or no tax on raincoats? The mind boggles.

And now that the people have tasted the triumph of direct democracy, will they start clamouring for more direct democracy, and then more? How long before we're like California, empowered and free … and dead broke — because California will fall into the ocean before its direct democrats ever vote in favour of a tax initiative.

Contact Paul Sullivan at vancouverurbancompass@metronews.ca

Register at metropolitanpanel.ca and take the quick poll

Some numbers suggest Facebook use in Canada has been slowing. What are your thoughts on the site?



Local tweets

It looks like the post-referendum debates on the harmonized sales tax are just as heated as before:

- HST backlash less about merit of policy & more about gov dishonesty. Canadians support govs that do what they say they'll do: ie #CPC **@RyanHastman**
- BC's vote on the HST shows "the people" can be wrong. **@jasonbrown02**
- Love all these pro #HST'ers who benefitted the most are preaching how stupid the people are to even be allowed to vote. #bcpoli #arrogance **@Cujo58**
- I think if BCers were aware on a daily basis how much imbedded PST they pay on most goods they would beg for #HST **@CalynShaw**
- The main issue was percieved tax incidence. HST was saving biz money, but people believed they werent getting any **@Adam_Stirling**
- Falcon says HST reversal will cost 3 billion. How much of that will placed on the backs of public education this time around? #bcpoli #bced **@K_Bader**

Worth mentioning

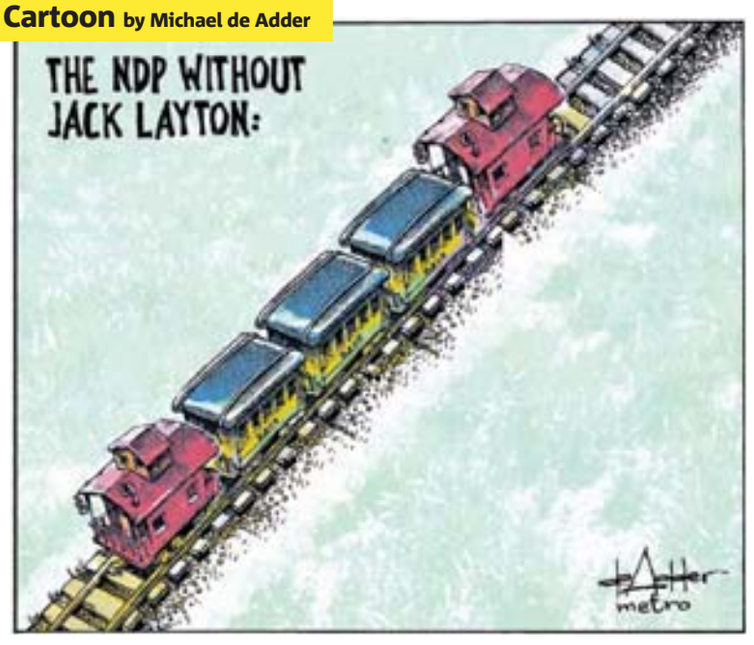
New school of freedom

ATHENS, GA. As college students return to campus in Georgia, a new state policy has closed the doors of the five most competitive state schools to illegal immigrants, but a group of professors has found a way to offer those students a taste of what they've been denied.

The five University of Georgia professors have started a program they're calling Freedom University. They're offering to teach a rigorous seminar course once a week meant to mirror courses taught at the most competitive schools and aimed at students who have graduated from high school but can't go to one of those top schools because of the new policy or because of cuts to state scholarship programs.

"What we're hoping is that people in decision-making positions will reconsider the policy," said Reinaldo Roman, one of the organizing professors. "It goes counter to our aims. We have invested enormous resources in these young people." THE ASSOCIATED PRESS

Cartoon by Michael de Adder



WEIRD NEWS

Not too posh to push around a cop in Mexico

An odd instance of police abuse in which two snobby women shoved, slapped and insulted a cop has captured Mexico's attention and sparked debate on police tactics, gender and class issues.

Tapes of the late-night confrontation on Aug. 20 in the upscale Mexico City neighbourhood of Polanco became a hit on social networking and video-sharing sites, exposing Mexicans' frustration with both the arrogant rich and ineffectual police.

Pulled over in a traffic stop, the two women shout, swear, shove and slap a policeman, who does nothing to resist. He tries to calm them, moves away several times and eventually allows them to drive away.

One of the women, a former Puebla state beauty queen identified as Maria Vanessa Polo Cajica, can be heard on the video waving her hand in front of the officer's face, insulting his mother and calling him a "crappy wage slave."

Police Chief Manuel Mondragon said the officers were waiting for a backup unit of female officers to detain the pair, because male cops only physically detain women if someone's safety is at risk. THE ASSOCIATED PRESS

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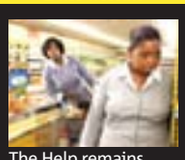
2 scene

Box office



The Help remains Hollywood's top draw with $14.3 million on a slow late-summer weekend whose business has come in even more sluggish as many East Coast theatres closed to ride out the storm there. Irene was downgraded from a hurricane to a tropical storm Sunday, but the weekend already was a lost cause for many theatres in its path. Late August often is a dumping ground for movies with slim commercial prospects, and Irene cut even further into receipts for the weekend's three new wide releases. Zoe Saldana's action tale Colombiana opened in second-place with $10.3 million. Guy Pearce and Katie Holmes' horror story Don't Be Afraid of the Dark debuted in third with $8.7 million. Paul Rudd's comedy Our Idiot Brother premiered at No. 5 with $6.6 million.

THE ASSOCIATED PRESS

Scan this code or visit metronews.ca/scene for highlights from last night's MTV Video Music Awards

HANDOUT

▶ Etiquette guru Anthea Turner and chef Corbin Tomaszeski.

Hosting battles resume

Wrestlers, social butterflies and a straight-laced couple sharpen their knives and wits as the second season of Dinner Party Wars begins

HANNAH ZITNER
SCENE@METRONEWS.CA

In a suburban kitchen on the outer edge of Toronto, half-cooked steak, mystery fish eggs and a whole lot of vodka set the scene for an "interesting" Russian-style dinner party.

Known more for their ability to throw a wild soirée than master a dinner party, hosts Erina Karamani and Elena Morozovathe focus their hosting energy on the entertainment portion of the evening: vodka shots, a martini demonstration and raunchy question period.

On the set of the reality show Dinner Party Wars, where teams take turns trying to one-up each others culinary prowess, hosting grace and entertainment abilities, the 24-year old hosts are delivered bad news moments before their guests arrive.

"That's not caviar," celebrity chef Corbin Tomaszeski tells the 24-year-old hosts. "That's roe."

Starring blankly at each other, the two blonds dressed in animal prints have to think quickly to come up with a plan B.

"Maybe it's their strategy to appear like dumb blonds who don't know what they're doing," says fellow contestant Greg Danakas. "But I'm sure they're not (dumb blonds) and they will really surprise us. But at least it will be interesting when they hit the kitchen."

Having grown up in the stock room of his parents' restaurant, Danakas says he and his wife Helen make a perfect hosting team.

"I do the cooking and he does the entertaining," she says adding his career as a high school drama teacher is evidence he's not one to shy away from centre stage.

"I'm pretty sure we can win this thing... After all, how can you beat Greek hospitality?"

What happens when you throw two wrestlers, a conservative couple and a life-of-the-party duo into a ring with a bottle of tequila? The season premier of Dinner Party Wars airs Wednesday at 10 p.m. ET/PT on Food Network Canada.

Party tips

- **Chef Corbin**
  Preparation, preparation, preparation. The number one reason people fail at dinner parties, says Corbin, is because they don't think ahead. "They fly by the seat of their pants and more often than not, are caught with them down."
- Cook what you know, know what you cook. "Too often we have people who want to play chef and cook things far too complicated," says Corbin. Keeping things simple is the key to success.
- Taste test. Serving before tasting is a common mistake, says Corbin. "Cooking from a recipe can be very clinical, so you need to be tasting and touching — you'll have a much better outcome."
- **Anthea Turner, etiquette guru**
  Get it done. Finishing chores well in advance leaves more time for the hosts to entertain. "Set the table the night before and get your clothes ready," says Turner, who says she sometimes lays plates and cutlery two nights before a shindig.
- Clean it! "Many times there's a toothbrush or remnants of kid's potty in the washroom. I don't want to see any of that," says Turner. Paying attention to the small details goes a long way: Fresh soap, and a clean hand towel are musts when hosting.

HANNAH ZITNER

Gibson reaches custody settlement

Mel Gibson and his ex-girlfriend have reached a financial and custody settlement of a bitter dispute that spawned a criminal case and left the Academy Award winner's reputation damaged.

Los Angeles Superior Court officials said in a statement late Friday that Gibson and Russian musician Oksana Grigorieva had reached an agreement after days of negotiation. Terms and conditions of the settlement were not announced, but a hearing Wednesday will be held to discuss the financial terms.

The equally contentious issue of custody of the couple's infant daughter will be handled in closed session, the court announced.

Gibson's spokesman Alan Nierob confirmed the settlement and said the actor-director appreciated the judge's help in mediating the case. Grigorieva spokesman Stephen Jaffe declined comment.

The former couple have sparred for more than a year over custody and financial issues in a mostly-secret court proceeding in Los Angeles. In June 2010, Gibson's attorney Stephen Kolodny said that his client had provided his ex-girlfriend with a four-bedroom, multimillion dollar home, vehicle and tens of thousands of dollars a month.

It is unclear exactly how much Grigorieva has been receiving since then.

The Braveheart star was charged with misdemeanour domestic battery as a result of a January 2010 fight with Grigorieva and pleaded no contest earlier this year. The actor-director entered his plea in a way in which he admitted no guilt, and Grigorieva cannot use the outcome in a civil case.

THE ASSOCIATED PRESS

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▶ Mel Gibson and Oksana Grigorieva

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Smart fit for royal role

Jean Smart plays Camilla Parker Bowles in new TV movie ◗ Former Designing Women star in her prime

DAN STEINBERG, THE ASSOCIATED PRESS

▶ Actress Jean Smart says she has hit her prime in her work.

Designing Women creator Linda Bloodworth-Thomason once wrote that actress Jean Smart's character on the 1980s sitcom had "legs that stretched out for five or six miles, and one of those laughs that made you feel like riding around in a convertible."

Some 25 years later, Smart's girl-next-door looks, legs and laugh are intact, making her casting of Prince Charles's matronly second wife, Camilla Parker Bowles, all the more surprising — except to Smart herself.

"The thing is, I started out in the theatre, so I always did all kinds of parts — all different ages, all kinds of parts," Smart explained recently, while promoting the TV movie William & Catherine: A Royal Romance, which debuts Saturday night (9 p.m. EDT) on the Hallmark Channel.

Smart said she hopes the movie, which follows William and Catherine from introduction to proposal, sheds a new, positive light on Bowles, "the true love of Charles's life," as per Smart. Bowles was widely maligned by the public and press — especially in the wake of Princess Diana's untimely death in 1997.

"Yes, there are a couple of moments where she has a nice, self-deprecating sense of humour about herself and the fact it's taken a gaggle of stylists to kind of put her together and everything, it's kind of nice," Smart said. "I really liked the way she was portrayed in the script. She's a very sympathetic, likeable character, and I thought she ... deserved that."

The Seattle-born Smart will likely always be best known as Charlene Olivia Frazier Stillfield, the naive but huge-hearted office manager at Atlanta's Sugarbaker design firm, on the first five seasons (1986-91) of the sitcom Designing Women.

Since leaving Designing Women, Smart has actually enjoyed numerous TV-career highs: two Emmy Awards for guest appearances on Frasier (2000, 2001), a key role on the drama 24 in 2006, and another Emmy for playing Christina Applegate's self-centred mother in the sitcom Samantha Who? (2008).

"In many ways I do feel as if in the last several years I've sort of been in my prime in terms of work and things."

THE ASSOCIATED PRESS

Borgias bad boy

Colm Feore brings his knack for the melodramatic to The Borgias ◗ Season one hits DVD tomorrow

HANDOUT

▶ Actor Colm Feore is used to melodramatic roles that require layers of costuming.

CHRIS ALEXANDER
SCENE@METRONEWS.CA

For beloved U.S. born, Canada-based actor Colm Feore, flying out to Budapest to don the holy robes of real-life religious figure Cardinal della Rovere in the second season of Neil Jordan's hit cable series The Borgias is just business as usual, though it's a glorious business indeed.

Feore — one of our most respected and admired performers — is used to essaying melodramatic roles that require layers of costuming, from his turns in Shakespeare on the Stratford stage to his roles as heavily made-up heavies in blockbusters like Chronicles of Riddick and Thor.

But with The Borgias, there's an extra dimension to the dark drama and intrigue: sex.

"I think Neil got all the exposition and set up out of the way in the first season," admits the actor.

"Now we can focus on the juicy stuff, the killing ... and of course the screwing."

The Borgias charts the steeped-in-fact saga of the controversial, near mythical Renaissance Italian family, led by Rodrigo Borgia (Jeremy Irons) who, after he becomes Pope Alexandre VI, leads his brood into all manner of power mad, political and yes, lethal and lurid, misadventures.

"I'm the Bin Laden of the piece, if you will, and it's all great fun."
ACTOR COLM FEORE ON PLAYING CARDINAL DELLA ROVERE

For those not caught up to speed on the series (which airs on both Bravo! and CTV), the complete, uncut season one hits DVD tomorrow, the perfect primer for the even more visceral second go around, which is scheduled to air later this year.

"The family keep trying to kill me in this season," Feore says of his character, the chief adversary of Pope Alexandre/Rodrigo Borgia.

"So I'm trying to stay out of trouble but also trying to get rid of Borgia. I've tried to bring in the French army and other forces but he's bought 'em all off, he owns the place, so I have to resort to more extreme measures.

"I'm the Bin Laden of the piece, if you will, and it's all great fun."

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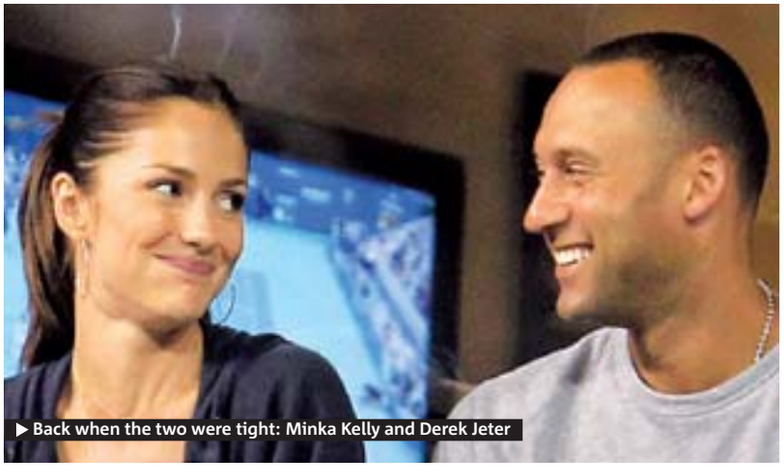
Was Derek just a short stop for Minka?

Rumour has it that Minka Kelly may already be rebounding with her new co-star

ALL PHOTOS GETTY IMAGES



▶ Back when the two were tight: Minka Kelly and Derek Jeter

News of Derek Jeter and Minka Kelly's breakup has just started circulating, but has the actress already moved on?

Kelly has reportedly been getting close to her Charlie's Angels co-star, Ramon Rodriguez, according to People magazine.

"We have seen Minka and Ramon talking in his trailer way after hours, and often late into the night," a source close to the show says. "They have been together long after they need to be for the show."

But another source insists there's nothing go on: "They're just friends. Ramon is basically the only guy on set so of course they all hang out with him."

METRO

Jen and Justin are shackin' up

Things are certainly getting serious for Jennifer Aniston and Justin Theroux, who are reportedly now living together in a rented house in the Hollywood Hills, according to People magazine.

"They decided to rent a house together while they keep searching for the perfect one to buy," a source says.

"Jen and Justin are very excited about living together in their new home."

That new home, a two-bedroom house, reportedly has hardwood floors, a pool, a spa, a deck and French doors leading out to the yard.

The couple have been staying there since August 1.

METRO

▶ Jennifer Aniston

Lovers, laughs

Sofia Coppola ties the knot

GARDEN CEREMONY. Sofia Coppola married longtime partner and Phoenix singer Thomas Mars in an intimate ceremony near Rome over the weekend, according to the Associated Press.

The bride was walked down the aisle by her father, Francis Ford Coppola, and guests at the low-key ceremony included Johnny Depp and Talia Shire. "Everything went well," says Bernalda Mayor Leondardo Chiruzzi, who performed the ceremony. "It was simple, calm, in the garden."

The couple have two young daughters together.

METRO

Gervais may go for broke

GOLDEN GLOBES. Despite the uproar over his roasting of Angelina Jolie, Robert Downey Jr. and others at January's Golden Globes ceremony, Ricky Gervais says NBC has invited him back to do it all again, he tells the Guardian.

"I love NBC, I love the fact they stuck by me through it," he says.

But is he considering taking the stage again in 2012?

"I am but I shouldn't do it," he says.

"It's a second encore. Don't do a second encore. I don't think I should do it. What am I going back as?"

METRO

Celebrity tweets

@lindsaylohan

"Everyone please say a prayer for those in NY at this current time... my 2 brothers, grandmother, as well as friends are all in NY— god bless"

@ElizabethBanks

"Everybody in the hurricane, be safe. Everybody else, let your worry about the hurricane fade away while seeing #OurIdiotBrother tonight!"

@piersmorgan

"Current banner headline on #CNN — 'PIERS TAKES A BEATING FROM IRENE.' It's OK, I'm fine. #irene"

@SteveMartinToGo

New "approach to hurricane Irene. I'm going to try to reason with it."

HOLLY RAMER/ THE ASSOCIATED PRESS

▶ Reversible bucket hats are just one of the many projects in Oliver + S: Little Things to Sew by Liesl Gibson.

Last-minute summer projects

Making clothes with your kids' input is a great way to bond Try bucket hats as a start

Making a bucket hat probably isn't on anyone's bucket list, but maybe it should be.

The reversible bucket hat in the book Oliver + S: Little Things to Sew (STC Craft, 2011) is classic, cute and comfortable. And author Liesl Gibson maintains that making it is a treat for grown-ups as well as the young recipients.

Sewing, for Gibson, is "almost a luxury." It "buys you some time to do something creative with your hands. When many of us work on computers and aren't doing much with our hands, there's a satisfaction in creating."

Gibson, a former clothing designer, began designing patterns for children's clothing several years ago, for her young daughter.

STC CRAFT/THE ASSOCIATED PRESS

When others started asking for her patterns, she launched her Oliver + S line of patterns, and followed up with the book. It includes new takes on classic items such as a messenger bag, art smock and tutu. Gibson designed an "explorer vest" with lots of pockets after watching her daughter and friends gather stones, twigs and other little treasures.

Gibson said she's been encouraged to see many women learning to sew when they become mothers. But she also believes her patterns and projects have a broader appeal, to anyone interested in sewing for children because it doesn't take much fabric and doesn't involve the fussy fitting issues that make sewing adult clothes difficult.

"I think the big surprise for me was that it wasn't such a small audience," she said.

While children likely would find some of the toy projects more appealing, the classic clothing and accessory designs lend themselves to experimenting with a variety of fabrics. The bucket hat, for example, can be customized by using a patterned fabric featuring a particular child's interests.

And a child who might otherwise balk at wearing a hat might embrace one that he or she had a hand in.

As with many of the book's projects, Gibson designed the hat with her daughter in mind. But it works just as well for boys.

The hat is reversible, so you can choose two favourite fabrics, or you could put a pocket on the outside.

It is rated "two scissors" because it requires sewing curved seams and topstitching, but no one step is complicated.

"It's small enough that you can make a bunch," Gibson said.

To download the bucket hat pattern and directions go to http://bit.ly/nACy4S.

THE ASSOCIATED PRESS

Difficulty

Each project in the book is rated by difficulty using a one-four "scissor" system.

- **One pair of scissors** Projects marked this way are suitable for beginners.
- **Four pairs of scissors** These projects are for advanced sewers.

3 life

You need this

The Hexbug Spider

This line of robotic bugs has an ant, crab and inchworm, so an arachnid is overdue. Insert batteries and it scurries around the room, sensitive to walls, objects,sounds. It's better than your kid playing with the real thing. MWN

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Grandparents step in to help grandkids as families struggle in bad economy.

I was a teen self-cutter

A recent study found that young adults can be influenced by bloody videos on YouTube, which portray teens injuring themselves

In this exclusive essay, a self injurer, Christie Stewart, speaks out about what she went through

I can feel the anger welling up in my body, and it feels like I'm drowning after yet another screaming match with my parents. I run to my room, slamming the door behind me. My mind races. I want to relax but the only way to do that is to see my own blood. Without thinking, I grab an Exacto knife from my desk and press it to my arm. Feeling a sharp object slice through my skin stops my pain and tears, and gives me an overwhelming sense of control.

The first time I self injured, at age 13, I had no idea that this was the beginning of something that would become a part of my life for the next 13 years. I didn't know how to deal with my emotions, and self injury seemed to give me an escape.

In 2005, after eight years in therapy, I stumbled across YouTube.

I saw videos of people talking about their lives, and decided to make one talking about my history with self injury, calling myself "xsullengirlx," not knowing what to expect.

The response was overwhelming: people from all over the world contacted me, saying they'd felt alone in their thoughts and self injuring acts, but hearing my story made them realize others were going through the same things. I continued making videos detailing ways to cope, knowing many of my viewers were teenagers. Speaking out on YouTube was therapeutic.

And I could make a difference.

On the flip side, others have posted videos glorifying self injury.

A study in this month's Pediatrics journal worried parents by making headlines: "Many youth who self-injure may go online to find support," said the professor behind the University of Guelph study, "but at the same time they may see videos that could be harmful if self-injury is depicted as typical behaviour or if viewing these videos triggers the behaviour."

These clips show fresh cuts and wounds, usually set to angry music and edited together to look like sexy music videos, enticing teens.

They're alluring, for sure.

Who wouldn't want to look like an emo starlet out of Twilight, bloody but cool?

The trick, if you're a parent with a troubled kid, is to help them distinguish between those videos and the helpful ones. And talk.

For many teens, mental health topics are a taboo subject, especially self injury.

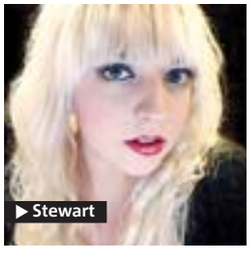
I hope my work educates and provides friendship to those who struggle.

For me, every day is a work in progress, but recovery is a word I am not scared of anymore.

By talking, I am coping in a healthy way. If I can do it, anyone can.

ISTOCK

▶ One warning sign that your child may be self-injuring is that they begin to withdraw from the outside world.



▶ Stewart

14-24%

..."of youth and young adults have self-injured at least once," according to the professors behind the University of Guelph study.

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WORRYING SIGNS

How to let your child have his/her freedom while keeping an eye out for unsafe sex, drug use, cutting and other trouble.

THE HIPPIE MOM

Lili Meier
Owner, with husband, of My Little Green Shop, which sells organic and sustainable baby products online
Has a son, Sebastian, 25 months, and a daughter, Savara, 9 months

Teenagers will likely rebel if they think their freedom is being unreasonably controlled, so allow them as much as you think they can handle. The teen years should be all about exploring and experimenting — though of course along with that there needs to be lots of guidance and love from parents/caregivers. Be as vigilant as you can and keep an open dialogue. Teens with a lot of self confidence are less likely to behave irresponsibly and that's why helping young people develop healthy self-esteem is critical for parents. Let them know their feelings are important and that they truly matter as people in this world. And reserve judgment. Teens won't share personal problems if they know there'll be grief to pay for doing so.

THE HIGH-POWERED WORKING MOM

Avis Jones-DeWeever
Executive Director, National Council of Negro Women
Mother of two boys, Aidan, 7, and Guy, 14

Knowledge is power. Arming my sons with age-appropriate, fact-based information about sex, drugs, and other potentially dangerous situations is an ongoing process in my home. Yet knowledge alone is not enough. Equally important is fostering the development of an internal moral compass, a sense of self-discipline, and enough self-confidence to forge a path that may differ from that of their peers. As I see it, guiding my sons along this path to maturity is one of my most critical responsibilities as a parent. To do this, I try to foster a healthy sense of self in my boys by ensuring that they understand and appreciate their history and culture, while also encouraging the discovery and development of individual talents and interests. Mine is a home that also promotes goal-setting and the practice of envisioning the future to which one aspires.

THE STAY-AT-HOME MOM

Samantha Mellen
Two boys: Lucas, 2, and Joshua, 4 months

It is my hope that, as I raise my sons, I am teaching them about life, including the "ugly" things like drugs, alcohol, unsafe sex, etc. These topics themselves are very tricky, and they can be even more so when you're talking about them with your kids. I hope to have a strong relationship with my children with open and honest communication. It's my job to train my child in the way they should behave, and what they do from there is up to them. As my boys grow and become teenagers and adults, I will answer questions, I will engage in conversations and I will teach them what is right and wrong, and what is safe and dangerous. With open communication, any warning signs will be noticed and hopefully, we can talk about it together.

Pizza gets the global treatment

Incorporate an Indian staple into pizza by using naan bread as a base Top with unique ingredients

BOTH PHOTOS: THE CANADIAN PRESS H/O

Veggie pizzas on naan bread can be cooked on the grill.

These vegetarian grilled naan bread pizzas have a delicious twist. Walnuts, Parmesan cheese and sun-dried tomatoes serve as a base for a topping of fresh vegetables.

Naan Bread Pizza

Preparation:

1. Combine walnuts, Parmesan and tomatoes in food processor until paste forms. Divide between flatbreads; top with veggies, cheese.
2. Preheat one side of barbecue on high and place pizzas on cooler side grill. Close lid and bake for 7 minutes or until vegetables are cooked and cheese has melted.
3. Oven Method: Preheat oven to 200 C (400 F) and place pizzas on centre rack. Bake for 7 minutes. Broil on high for 2 minutes to brown vegetables, if desired.

THE CANADIAN PRESS/ CALIFORNIA WALNUTS

Ingredients:

- 125 ml (1/2 cup) walnuts
- 125 ml (1/2 cup) grated Parmesan cheese
- 7 sun-dried tomatoes
- 30 ml (2 tbsp) water
- 2 naan flatbreads
- 125 ml (1/2 cup) thinly sliced zucchini
- 125 ml (1/2 cup) thinly sliced onion, caramelized
- 75 ml (1/3 cup) sliced mushrooms
- 8 cherry tomatoes, sliced
- 50 ml (1/4 cup) canned artichokes, sliced
- 75 ml (1/3 cup) grated low-fat mozzarella

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Working on plan bee

What's happening to Canada's honey bees? Crucial to our survival, these incredible insects help pollinate the majority of the world's food crops Photographer Geoff Fitzgerald is chronicling the efforts of those trying to help

"The term CCD (colony collapse disorder) was first coined in the later part of 2006 when there was a huge rise in the number of honey bees that began disappearing from their hives in North America and Europe," says photographer Geoff Fitzgerald.

"The main reason is still unknown; however there are many proposed causes like malnutrition, pathogens, mites, fungus and pesticides. Many scientists believe this phenomenon is caused by a combination of these factors; it is still hard to say."

Living in downtown Toronto, Fitzgerald never thought beekeeping in the city was possible. That was until he heard about the hives on the roof of the Fairmont Royal York Hotel.

Fitzgerald is chronicling the efforts of the Royal York, along with those by the Canadian Opera Company at the Four Seasons Centre for the Performing Arts and University of Toronto campuses.

Fitzgerald hopes to expand the series to include Fairmont hotels in Vancouver, Quebec and Calgary.

He also wants to photograph hives at Vancouver's city hall and the convention centre.

"I wanted to shoot these photographs as environmental portraits, not just close-ups of bees but to really show the urban environment, rooftop location and its surroundings.

I wanted the viewer to see the (person) behind the mask, to see how proud and passionate they are of their busy, hard working girls."

LEARN MORE ABOUT PHOTOGRAPHER GEOFF FITZGERALD'S WORK AT GEOFFFITZGERALD.CA

ALL PHOTOS GEOFF FITZGERALD

▶ Fred Davis checks on the bees on the roof of the Four Seasons Centre for the Performing Arts.

▶ Brian Hamlin, University of Toronto, Scarborough campus

▶ Melanie Coates on top of the Fairmont Royal York in Toronto.

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MAKE YOUR H.E. WASHING MACHINE EVEN GREENER

I found your green cleaning recipes online and I wonder what you mean by 'soap granules' used in the liquid laundry soap recipe. Would this alternative be safe to use in high efficiency (H.E.) front load machines? *Marie, Guelph, Ont.*

QUEEN OF GREEN

LINDSAY COULTER
GREEN@METRONEWS.CA

Welcome to the rid-your-home-of-toxic-chemicals-and-petroleum-based-ingredients club!

Tested by yours truly, my homemade green cleaning recipes are versatile, affordable and eco-friendly.

Soap granules or flakes are just that: bits of soap that cut grease and lift dirt.

Look for brands that are biodegradable, petroleum-free, without added fragrance or perfumes, and not tested on animals.

If you can't find soap granules in the laundry aisle of your grocery store, try a local health food store or search online.

You can also make your own — grate a bar of soap or use those leftover soap slivers.

Still stumped? I've added another DIY recipe using liquid castile soap, which is made of plant oils like coconut, olive and hemp.

Look for liquid castile soap in the laundry or personal care products aisles of your grocery or local health food store, or purchase online.

All of my laundry soap recipes work in cold water and in H.E. machines.

Since water hardness varies across the country, it's best to test them yourself and see the amount you'll need to add per load.

H.E. machines use less water, so the general rule is that you can use less soap!

Link to recipes online at davidsuzuki.org/publications/resources/2011/green-cleaning-recipes.

ISTOCK

▶ Green washing takes on a whole new meaning.

David Suzuki Foundation

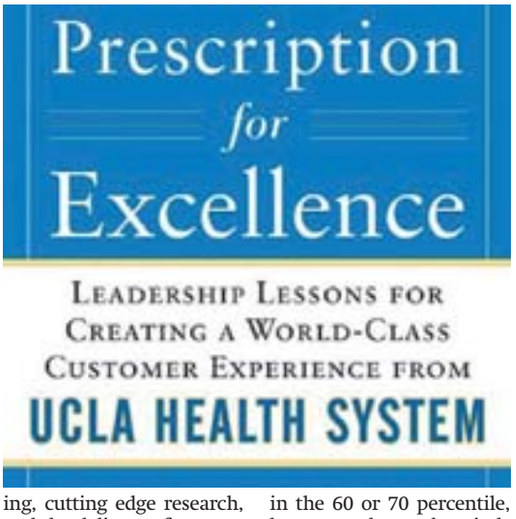
How good gets things done

BOOK REVIEW

CRAIG LUND
LIFE@METRONEWS.CA

When the topic of customer service comes up in discussion, most conversations likely centre around experiences with hospitality services such as a hotel stay or a restaurant or perhaps a retail situation. Think of the big smile (or lack thereof) you get from the greeter at Wal-Mart.

Hospitals however do not generally come up at all. In his book Prescription for Excellence, Joseph A. Michelli, Ph.D. describes the incredible transformation that took place at the UCLA Health System under the helm of CEO Dr. David Feinberg and points to the key aspect of this change being tied to service.



At the time when Feinberg became CEO he had "inherited an organization that had rich existing strengths in medical training, cutting edge research, and the delivery of extraordinary clinical outcomes."

However, UCLA's overall patient satisfaction scores were in the 30 to 40 percentile.

Initially tasked with turning around this perception, Feinberg was faced with some strong cynics in the industry, and even within the UCLA hospital system casting doubts with assumptions to the tune of, "We'll never be like other hospitals that get scores much higher than ours, say in the 60 or 70 percentile, because those hospitals don't treat cases at our level of complexity or they are not training facilities." Feinberg could not accept this excuse.

As many experts in human capital or leadership can attest, change is best delivered when a strong leader can lead by example and inspire his people. Starting with the basics one of the first things Feinberg did was reworking the Mission Statement which was, "Delivering leading-edge patient care, research, and education", and transformed it into a Vision Statement of 'healing humankind, one patient at a time, by improving health, alleviating suffering, and delivering acts of kindness."

Michelli points out several other key factors that contributed to UCLA staking a claim often in the top percentile for patient satisfaction, such as hiring methods to identify service centric people, and the introduction of formal guidelines for providing care such as the introduction of the CICARE (See I Care) program.

Michelli's book demonstrates the effects of inspirational leadership, despite the immensely challenging conditions in the health care system, described as "a complicated and often maligned sector of [the] economy."

At the end of the day, the simplest methods achieved the results… it isn't brain surgery. **CRAIG LUND, IS THE PRESIDENT OF MARKETING SERVICES FIRM MARKETING TALENT INC. AND CAN BE REACHED AT CLUND@MARKETINGTALENTINC.COM OR ON TWITTER @CRAIGLUND**

Bad news for good guys

Study shows that the mean ones at work make a bit more moola

A study presented in San Antonio, Texas, has shown that the people at work who make things miserable for everyone else, are actually the highest earners.

The study, called Do Nice Guys — and Gals — Really Finish Last?, by Dr. Beth Livingston, Timothy A. Judge of the University of Notre Dame and Charlice Hurst of the University of Western Ontario, looks into "agreeableness" and its effect on income.

The researchers analyzed information from three different studies that surveyed 10,000 workers over about 20 years. They found that men who measured "less agreeable" earned more — 18 per cent more — than their nice guy counterparts. That's about $9,972 more a year for being a jerk.

ISTOCK

▶ Spot the jerk? Spot a high earner.

"Nice guys do not necessarily finish last, but they do finish a distant second in terms of earnings," the study says.

Ladies, it goes for you, too. Less agreeable women earn about five per cent more than those of us who abide by common niceties.

So why doesn't the old adage "do to others as you would have them do to you" pay off? According to the study, "people who are low in agreeableness may be perceived as more competent by virtue of their lack of warmth." **METRO**

Advertorial

Who else wants to
UPGRADE THEIR EDUCATION?

Upgrading your value in the job place is an important move to make because the changes that come with our digital economy are inevitable. Many skilled professionals are losing value in the workplace because their literacy in information and communication technology (ICT) is lagging behind. Here's what the Conference Board of Canada, an independent not-for-profit research organization, thinks we need in order to adapt:

9 basic skills for the digital workplace

- Using computers, technology and information systems effectively
- Understanding and ability to use prose (reports, letters, equipment manuals, etc.)
- Communicating effectively
- Understanding and ability to use documents (creation, file-sharing, etc.)
- Understanding and ability to use numbers by themselves, or with charts and tables
- Thinking critically and acting logically to solve problems and make decisions
- Ability to build and work in teams
- Positive attitude towards change
- Willingness and ability to learn for life

E-learning: a quick way to increase your workplace competencies

It doesn't take rocket science to realize that if you don't have the skills to adapt to the new technologies that are being developed in your field, you may become dispensable to your company. As a result, if you want to increase your worth in the workplace, you have to increase your workplace competencies.

Realistically, not all of us can simply quit our jobs, commute or leave our kids home to go back to school full time. This is why e-learning has become increasingly used as online learning solutions that can adapt to your lifestyle, save you time and upgrade your education.

Yes, you can upgrade your education from home. Yes, you can raise your hand in a virtual class, and no, your teacher will not see you in your pyjamas!

Some people are reluctant to consider e-learning because of its virtual nature. The fact of the matter is that with a quality online program, students can expect the same treatment as in an on-campus school environment. Attendance for virtual classes are mandatory and the program curriculum follows a typical academic calendar complete with start and finish session dates, class time, formative evaluations, homework, projects and even internships.

The highlight of learning online is that you don't have to go anywhere. From home, you can attend a virtual class and actually raise your hand, speak to the teacher and your classmates, write on an interactive whiteboard and share files with your peers.

The secret of successful studies online

Part of an e-learner's success lays in the quality of the online program. Make sure that the program you chose is accredited and has clear course objectives. Because a lot goes on in the production of an online course, quality has to be a priority every step of the way. From writers to graphic designers, programmers, translators, techno-pedagogical specialists and subject experts, it takes a multidisciplinary team to deliver an online program that meets ministry standards.

Also be sure that the online school you chose has at your disposition technical support services. The last thing you need is to be stranded at home without the technical support you need. Make sure you can actually reach a person who can help you out.

Regardless of the school you choose, take the time to shop around and find a program that suits you best. Here are a few questions you can ask yourself to make the best decision:

- What other fields related to my current competencies interest me?
- Do I have the skills to work in that related field?
- Will this online program give me skills I can use immediately to upgrade my value in the workplace?

The best part is walking away with a diploma you can be proud and having an upgraded skill set directly applicable in the workplace.

visit lasallecollegevancouver.com
for more information about our online programs.

48958 0829

To our many terrific teachers, with love

Valedictorian Jemy Joseph says she owes much to her teachers who pushed her to put her best foot forward

TURNING POINT

TERESA KRUZE
LIFE@METRONEWS.CA

"Teachers are angels disguised as humans".

▶ Jemy Joseph

Jemy Joseph looked out from the podium to her graduating class at Francis Libermann School.

How far she had come since arriving at the age of 14 from India feeling scared and confused about life in a strange new country.

"I was verbally abused and bullied by other students."

It was her Canadian teachers that provided the turning point for Jemy in her early years in Canada.

"They dragged me into extracurricular activities. I joined the band and became the editor of the yearbook."

Under the gentle guidance and leadership of her teachers, Jemy graduated with top honours and is now pursuing a Master's degree in Cardiovascular Sciences at the University of Ottawa.

"I will be a doctor and I'd like to focus on public health, preventative medicine and health policy."

We are now on the threshold of a new school year and this is Jemy Joseph's love letter to all the teachers who helped her and scores of young people fit in, learn and succeed:

To all of our teachers in life, we say thank you.

The facts:

A quick lesson on our country's teachers.

- Number of teachers in Canada: 332,974
- A recent study found that more than 80 per cent of teachers say their greatest satisfaction is: "Making a difference in children's lives" and "Helping develop and motivate children"
- Eight in 10 teachers said they would still become a teacher if they had to do it all again

Canadian Teachers' Federation, Conference Board of Canada

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Cash is calling

From duct taping dresses to community outreach
Securing a scholarship no longer dependent on grades

CHRIS YOUNG/THE CANADIAN PRESS

▶Rehanna Devraj-Kizuk volunteered at a hospital during high school and sat on student council, initiatives that earned her $10,000 in post-secondary award money.

According to a 2010 Statistics Canada report, the percentage of students who graduate saddled with debt has risen over the past decade from 49 per cent to 57 per cent.

But what if someone told you there are millions of dollars available in scholarships and bursaries, many of which go unclaimed every year?

Read on for tips to help you secure your diploma without breaking the bank.

Do your research

Don't discount yourself based on your grades. There are scholarships available for everything from enjoying curling to being tall.

Winners of the Stuck at Prom scholarship get $5,000 for making their prom outfits out of duct tape, while the Harmony Movement hands out $1,000 to 10 students who create change in their communities.

Peruse websites like Studentawards.com and ScholarshipsCanada.com, which have extensive databases of awards.

Chris Wilkins, president of Edge Interactive, says 81 per cent of the awards on ScholarshipsCanada.com don't require an academic average, and 70 per cent don't require students to demonstrate financial need.

Apply!

Norman Seguin, a financial services administrator at the University of Ottawa says there are plenty of bursaries at the school that go unclaimed.

> **"There's a lot of money down here, and unfortunately it's not always easy to distribute with the lack of demand from students."**
> NORMAN SEQUIN, FINANCIAL SERVICES ADMINISTRATOR, UNIVERSITY OF OTTAWA

"There's a lot of money down here, and unfortunately it's not always easy to distribute the money with the lack of demand from the students," says Seguin.

Peter Flynn, 21, suggests setting aside a block of time every night to apply for scholarships.

The University of Toronto law school student managed to cover all of his tuition and about half of his living costs during his undergraduate studies at the University of Ottawa with scholarship money.

Check back often

"There isn't a scholarship season," says Tyson. "Companies decide at any time of year that they want to put money out into the marketplace to help students."

There may be more scholarships available during some months than others. For instance, about 13 per cent of the awards on ScholarshipsCanada.com have an April deadline, while only one per cent are due in December.

But there are awards available all throughout the year, says Wilkins, so it's a good idea to keep checking back every month.

And many universities have awards available to second-, third- and fourth-year students, so keep looking for opportunities beyond your first year.

Find ways to showcase your leadership skills

It's important to recognize what you're already doing for your community, says Rehanna Devraj-Kizuk, an engineering student at the University of Toronto.

The 21-year-old Alberta native spent her time during high school volunteering at a hospital, sitting on student council and performing piano for her town, initiatives that earned her $10,000 in award money for her first year of studies.

Devraj-Kizuk says many students don't realize how much they're already involved in that showcases their leadership skills.

"Sit down and write down all of the things you've participated in over the last few years," says Devraj-Kizuk. "And if it's a small list, start brainstorming things you would enjoy doing for the next year."

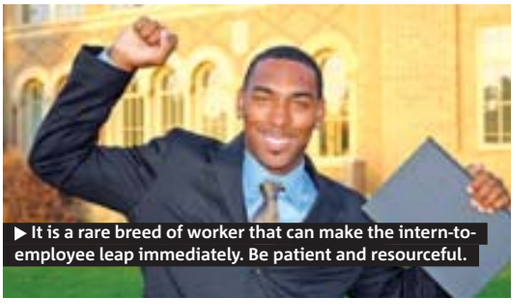
THE CANADIAN PRESS

You've brought them coffee, you've filed their paperwork, now the time has come to see if they've got anything to offer you in return And if they do show you the door, how can you ensure the experience won't go to waste?

How to change your status from intern to staff

DREW HINSHAW
LIFE@METRONEWS.CA

ISTOCK



▶ It is a rare breed of worker that can make the intern-to-employee leap immediately. Be patient and resourceful.

Here's one way to make something out of nothing: Turn your unpaid, unappreciated summer internship into a salaried job. Cha-ching!

Too bad the giant leap from intern wolf pack to payroll happens less regularly than graduating seniors often assume, career counsellors warn.

"Students shouldn't put too much pressure on themselves to turn their specific internships into jobs," says Lauren Berger, an author and self-proclaimed "Intern Queen". "The reality is that not every internship is used as a recruitment tool."

That said, make the right impression, and your corporate overlords and fellow interns could be the link to your first out-of-college job.

"Really, really focus on building your network at your internship and build real relationships with as many executives, coordinators, assistants as you can," Berger encourages. "When you leave it's important to stay in touch with those people and let them know what it is you want to do."

Not every internship is a sure leg up, says Samer Hamadeh, author of The Internship Bible.

"But even bad internships help you figure out the jobs you don't want," he notes. Or they can lead to the jobs you really do want, he adds.

"While you're there, get lunch with assistants — they can be more effective than a higher level executive," Berger suggests. "They're in the loop. They know what jobs are available, and where they're available."

BEFORE YOU GO

"End of internship preparations should start two weeks before the end date," advises Berger. "Request your letters of recommendations early. Executives take forever on those."

Make sure you get coffee or lunch with your intern coordinator, too, she adds.

"That's the time for the student, if they are interested in a job, to express that," she explains.

KEEP IN TOUCH

"Anyone who you meet during the internship, keep track of those people's first and last names, and when it comes time to leave the internship, any executive, any employee who helped you, even the janitor, write a thank you note, handwritten," Berger urges. "Three times a year — Fall, Spring, Summer — you want to reach out to those people."

"End of internship preparations should start two weeks before the end date."
LAUREN BERGER, AUTHOR AND SELF-PROCLAIMED 'INTERNSHIP QUEEN'

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4 sports

Lincicome weathers storm

ROBERT LABERGE/GETTY IMAGES

▶ Brittany Lincicome hoists the winner's trophy at the CN Canadian Women's Open yesterday in Mirabel, Que.

American beats poor conditions to win Canadian Women's Open

Brittany Lincicome put a new spin on the old show tune Singing In the Rain as she gritted her way through a storm to victory in the $2.2-million CN Canadian Women's Open.

The 25-year-old American made a dramatic par save in a driving rain to close with a 2-under 70 and edge defending champion Michelle Wie and Stacy Lewis by one stroke at Hillsdale Golf Club yesterday in Mirabel, Que.

Lincicome, who earned $331,492, said she kept herself calm by singing country songs to herself as she parred the final six holes to stay ahead of Lewis and hold off Wie, the winner last year in Winnipeg. Wie sank long putts at the 15th and 17th to make it close with an even-par 72.

Lewis had put up the low score of the day — a 67 on a day in which only 16 of 78 were under par — more than an hour earlier.

"I was very patient, singing a lot of songs, very chatty," said Lincicome, who said singing to herself is part of her sports psychology program to stay focused. "The weather was not great, but I was still having fun."

In her post-match interview, she cautioned that "I'm not a good singer, so I'm not singing for you."

The victory was nearly as sweet for her caddy, former LPGA regular A.J. Eathorne of Penticton, whose own playing career has been on hold since 2009.

Lincicome pulled her tee shot on 18 into a tent and had to take a drop, but managed to get the ball up near the green, chip it close and make the winning putt. She also had fine saves on the eighth and ninth.

"I'm growing as a golfer, I guess," said Lincicome. "If this would have happened a couple of years ago, I'm not sure how I would have handled it."

Playing in the last group, Wie needed birdie on 18 to force a playoff, but missed the green to the right and left her chip shot wide and short. She made the putt to keep a share of second place and win $174,812.

Fears that the final round would be washed out by remnants of Tropical Storm Irene did not pan out. Rain and nasty gusts of wind hit the lead groups about midway through their rounds, but nothing that would force a stoppage in play. THE CANADIAN PRESS.

Canada's best

The low Canadian at the tournament was Jessica Shepley of Oakville, Ont., at 1 under.

- Sixteen-year-old Jisoo Keel of Coquitlam was the low amateur at the tournament at 4 over.
- Next year's Canadian Women's Open will be held at the Vancouver Golf Club in Coquitlam.

Quoted

"Looking for tears? Not going to happen."

USAIN BOLT, WHO WAS DISQUALIFIED IN THE 100-METRE SPRINT FINAL AT THE WORLD CHAMPIONSHIPS IN DAEGU, SOUTH KOREA, YESTERDAY. THE OLYMPIC CHAMPION SNAPPED AT ANYONE WHO TRIED TO ASK HIM ABOUT THE FALSE START THAT LED TO HIS ELIMINATION.

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bell.ca/scorethefirstgoal

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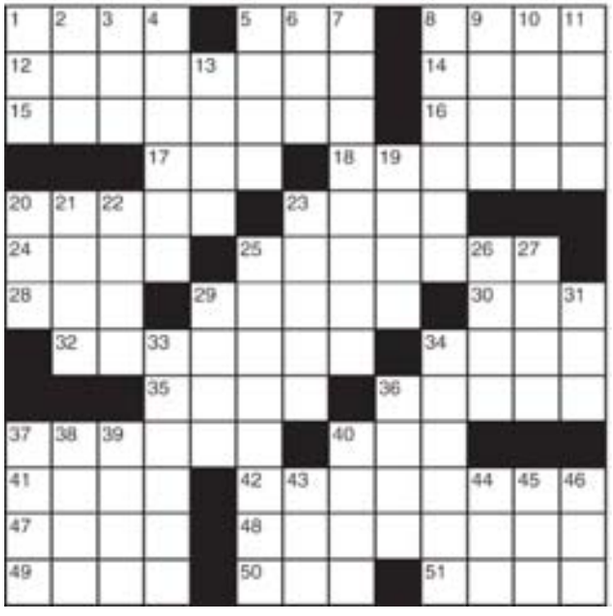
Crossword



Across

1 Largest continent
5 Nourished
8 No different
12 "Cabaret" star
14 Tel —
15 Basis for some word puzzles
16 Central points
17 Mouth part
18 Form of embroidery
20 Rouge location
23 Coin aperture
24 Mine, partially
25 Examine
28 Inventor Whitney
29 Path
30 Listening organ
32 California city
34 Exceptional
35 Authentic
36 Actress Ringwald
37 Hibiscus or hollyhock
40 Abrade
41 Author Wiesel
42 Huge constrictor
47 Microwave, e.g.
48 America's Cup competition
49 Test the waters
50 007 is one
51 Argument

Down

1 "I — Camera"
2 Sermon subject
3 "— pig's eye!"
4 They're measured in degrees
5 Envelope part
6 Shady tree
7 Repudiate
8 Two-pointer in football
9 Acknowledge
10 "Three Blind —"
11 Satanic
13 Actor Estrada
19 Bun
20 Miler Sebastian
21 Hawaiian dance
22 Ms. Brockovich
23 Slow-moving gastropod
25 Accesses to a basement
26 Ardor
27 Count counterpart
29 Vincent van Gogh's brother
31 King (Sp.)
33 Francis or Dahl
34 Automatons
36 Lots
37 Cat call?
38 Thomas — Edison
39 Told tales
40 Risque
43 Siesta
44 Pinch
45 "CSI" evidence
46 Representative (Abbr.)chgoer

▶ Friday's answer

Sudoku

				2		8	9	
9		5	3					
7					8		3	
		3		4			6	
5			8		7			2
	2			6		1		
	4		1					6
					9	7		4
	9	7		8				

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Friday's answer ▶

9	5	3	4	1	7	6	2	8
2	8	4	6	5	3	9	1	7
1	7	6	8	9	2	5	4	3
5	2	7	3	6	8	1	9	4
6	3	9	2	4	1	7	8	5
4	1	8	9	7	5	2	3	6
3	4	5	1	2	6	8	7	9
7	9	1	5	8	4	3	6	2
8	6	2	7	3	9	4	5	1

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

250%
Thanks for the chocolates n Kiwi. I am sending you a seagull with my love n a Flamingo show to enjoy. Love you more than myself. Thinking of you every second of every day! Love me honey.
FROM PART OF 250%

The Dude
We will all love to wish you a Happy 78th Birthday. You are a wonderful , kind, caring man who loves are grandmother a lot. Your always there for her and have been for 50 years. You have been there for us since day one. We look at you as our grandpa. Words can describe how much you have done for us and been there. Happy birthday dude. We all love you very much.
FROM THE B FAMILY

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You may be planning to do more but deep down you know you are working hard enough already.

♉ Taurus April 21-May 21 Obstacles are few and opportunities are limitless.

♊ Gemini May 22-June 21 You must do all you can to avoid some kind of feud or falling out.

♋ Cancer June 22-July 22 Your communication skills are sharp at the moment, so make sure everyone knows what you think.

♌ Leo July 23-Aug.23 You need to find clever solutions to difficult problems. One way is to be more adaptable.

♍ Virgo Aug. 24- Sept. 22 A new moon in your sign indicates a new start in whatever areas of your life you think most need to change.

♎ Libra Sept. 23-Oct. 23 Think deeply about your life and the direction it is taking.

♏ Scorpio Oct. 24-Nov. 22 Get involved in something that is bigger than yourself, something that can change the world for the better.

♐ Sagittarius Nov. 23-Dec. 21 Think of ways you can impress colleagues, employers and other important people.

♑ Capricorn Dec. 22-Jan. 20 Be outspoken but don't go too far and say things that might make you powerful enemies.

♒ Aquarius Jan. 21-Feb. 18 You are carrying a lot of excess emotional baggage at the moment and need to lighten your load a bit.

♓ Pisces Feb. 19-March 20. No matter how bad your own situation might be you must make time to help loved ones solve their problems first. . SALLY BROMPTON

Caption contest

KROSTY WIGGLESWORTH/THE ASSOCIATED PRESS

WONG MAYE-E/THE ASSOCIATED PRESS

WIN!

You write it!

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ITEMS WE BUY

GOLD AND SILVER, DIAMONDS, PLATINUM,
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TIP #1 FOR SELLING YOUR GOLD

Avoid buyers who refuse to post prices, especially pawns shops and jewellery stores. They frequently offer unreasonably low prices if they suspect a customer doesn't know the value of their gold.

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Since we offer our very best prices upfront, there's no need for stressful negotiations. We'll automatically offer you the best pricing. We're so confident in our prices and service, that if you get a higher offer for your jewellery, we'll pay you 50% more than the difference.
Terms and Conditions can be found at **www.VancouverGold.ca**

Karat|Price/gram

1oz Maple Leaf Coin (9999)	$1641/coin
999 Gold Coins and Bars	$50.28
24k Jewellery	$40.56
22k	$37.18
East Indian and Nuggets	$32.92
18k	$30.42
14k and dental	$23.66
10k	$16.90
.925 Sterling Silver	$0.72

We also offer refining services for large and dental lots.
Please contact us for fee and payout information.

Example Purchase 1:

Purity: 14k • Weight: 193.50g
PRICE: $4,578.21

Example Purchase 2:

Purity: 24k • Weight: 6.42g
PRICE: $260.40

Additional Pricing

Gold Coins

Gold Coins Under 24kt (Per Gram of Gold)	$47.22/gram
Maple Leaf Coins under 1 ounce	$52.78/gram
999 Gold Bars under 1 ounce	$48.89/gram
Silver Maple	$38.26/coin
Silver Bullion	$36.27/ounce

Silver

Unrecognized Silver bars 1 ounce or more	$0.96/gram
Stamped Sterling Silver	$0.72/gram
Stamped .800 Silver	$0.62/gram
Unstamped Solid Silver	$0.51/gram

Canadian Silver Coins

Coins from 1966 or earlier	18.3 Times Face Value
Coins from 1967	14.3 Times Face Value
Coins from 1968	11.1 Times Face Value

American Silver Coins

Coins from 1964 or ealier	19.8 Times Face Value

Platinum

Platinum Jewellery (stamped 950)	$35.95/gram
999 Platinum Coins	$45.65/gram

*Canadian Dollars
Last Update 8/26/2011

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